



MyPyramid Audio Podcasts

Vegetarian Options

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host. And I'll be sharing tips you can use everyday to eat right and get active.

Are you a vegetarian or do you have a friend who is a vegetarian? Even though you might not choose to eat meat, you can still get all your nutrients by keeping these tips in mind. Choose plant sources of protein like nuts, beans and lentils. Vegetarian products, such as veggie burgers and soy-based sausages are some other options. If you don't drink milk, make certain to get enough calcium by choosing calcium-fortified beverages as often as you can.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. Until next time!